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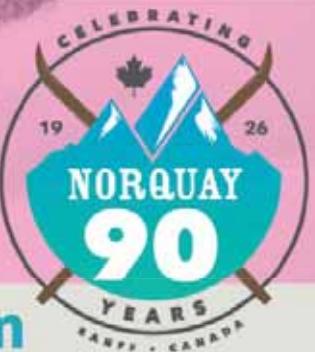


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FOOD FIGHT OVER BOGUS BOLOGNESE
metroNEWS



Your essential daily news | TUESDAY, MAY 26, 2015

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How to LOSE A BET



Calgary city council used to open with a prayer, until the Supreme Court put a stop to that. But on Monday, council opened with an air familiar to fans of the Disney film Frozen. Why? Find out in metroNEWS. ROBSON FLETCHER/METRO

Patients 'at... risk'

HEALTH CARE

Tight hospital quarters like those seen in WW1: Expert

Jeremy Nolais
Metro | Calgary

Conly told Metro in an exclusive interview the research around bed-spacing dates back to the First World War, when injured soldiers were often placed just two feet apart inside medicinal barracks and there was "rampant spread" of infections like meningitis.

"If you are not maintaining that distance between beds, you're putting patients at major risk of communicable infectious diseases, essentially reverting us to the trenches of World War One," he said.

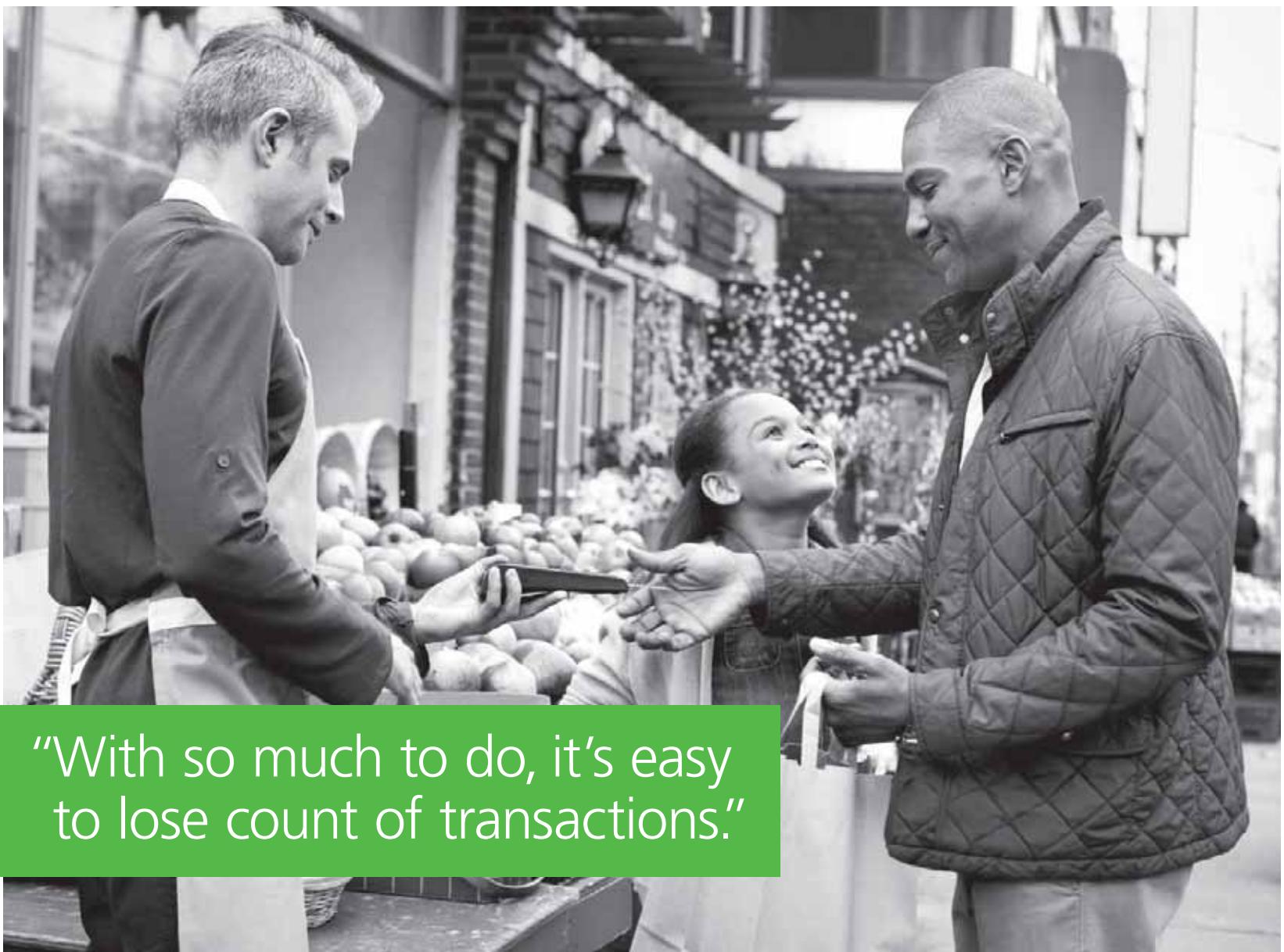
Dr. Francois Belanger, medical director for Calgary Zone, conceded hospital capacity issues have been "more difficult" to mitigate over the past year and said patient levels fluctuate hourly. But he insisted those with any form of infectious disease are kept away from "over-capacity spaces."

FOR MORE ON THE HOSPITAL SPACE CRUNCH, see page 10



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IN BRIEF

Full fire ban in effect

Effective Monday, Alberta has been put under a provincewide fire ban.

The ban applies to all campfires in campgrounds, backcountry and random camping areas and includes charcoal briquettes. Portable propane fire pits, gas and propane stoves as well as barbecues designed for cooking are still permitted.

The ban was put in as hot, dry weather has elevated the fire hazard to very high or extreme through most of Alberta.

Twenty-five wildfires were burning in the province, including a 200-hectare blaze that forced 2,000 residents near Wabasca to evacuate Sunday night. METRO

Man shot in northeast in drive-by shooting

A man is recovering in hospital after being shot Sunday in northeast Calgary.

Police said a resident near Rundlehorn Drive and Rundlehorn Crescent heard knocking at his door around 11 p.m., and found a man saying he'd been shot standing on his doorstep.

Police attended the scene and said they discovered the man had been hit with a bullet in his upper body, but sustained no life-threatening injuries. The incident has not been deemed an attempted homicide, but detectives are investigating what seems to be a drive-by shooting with unknown motivations. METRO



A photo of the swarm that formed in a tree at 7 Avenue and 8 Street SW. CONTRIBUTED

TRANSIT

City looks for LRT shortcut

Calgary will look at ways to fast-track plans for the Green Line LRT, skipping the idea of first building a bus-only rapid transit route that would later see light-rail tracks added to it.

After a number of small amendments, a motion from Couns. Shane Keating, Sean Chu and Jim Stevenson to "move straight to LRT" was passed Monday at city council by an 11-3 vote. Couns. Andre Chabot, Ray Jones and Joe Magliocca were opposed.

"What we have to do is say how can we do it and where should we do it," said Keating. "We have to show the initiative to the federal and provincial governments. ... We're being proactive about how we're going to be able to move forward."

The amendments called for a cost-benefit analysis as part of the report city staff are now set to prepare and also watered down language outlining the model that would see the city move straight to an LRT option.

"This wouldn't be lost work," said Doug Morgan, director for Calgary Transit, during the council meeting. "I think it's good to have this in your back pocket, should the opportunity arise if the money becomes available."

The Green Line is a proposed rapid-transit route from north-central Calgary to the city's deep southeast. The pricetag is in the billions and funding has not been secured from the federal or provincial governments.

HELEN PIKE/METRO

Swarm baffles 311

SAFETY

Councillor wants to engage local beekeepers



Helen Pike

Metro | Calgary

Coun. Gian-Carlo Carra is asking the City of Calgary to establish

formal relationships with the beekeeping community to help 311 direct concerned citizens to experts equipped to deal with swarms after a sticky situation downtown.

Carra said all the buzz was about a bee swarm that had developed at head-height in a tiny tree on the corner of 7 Avenue and 8 Street SW.

"Several citizens apparently called 311 and 311 had absolutely no idea what to do," Carra said at Monday's city council

meeting. "It didn't take long for someone who knew the beekeepers and they were out and they handled it."

There are two groups in Calgary that volunteer as "bee catchers" throughout the season. They are basically on call to help find new hives for active swarms.

As the groups told Metro in April, the public is encouraged to get in touch with both the Calgary Beekeepers Association, and Apiaries and Bees for Communities.

As swarm season starts, Calgarians may notice swarms of honey bees forming on trees, homes, and even vehicles. According to beekeepers, these swarms are not harmful and can be saved instead of destroyed.

A bee swarm is the natural process where a colony multiplies, creating a new queen, splitting up an overcrowded community of bees. The bees are very active and mobile during this process but not aggressive.

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Dog dies after being fed poison-laced chicken

ANIMAL CRUELTY

Owner's son heartbroken after losing 'best friend'

Jeremy Nolais
Metro | Calgary

A little boy is heartbroken and pet owners in Red Deer are being urged to exercise caution after it's believed two dogs were fed poison-laced chicken by an unknown culprit Friday.

Meghan Elgert said she let her dogs into the backyard of her Kentwood-area home around noon before heading out to run some errands.

When she returned 90 minutes later, she found four-year-old Maltese-Yorkie Phineus "flopping around like a fish."

She rushed the dog to her family vet and then onto Cedarwood Veterinary Hospital.

"He was really hot and he was having seizures," she said.

The vets immediately became suspicious that the tiny dog had gotten into something and sent Elgert home to investigate. When she got there, she found her Labrador-shepherd-cross Eva foaming at the mouth.

"She couldn't walk straight," she said.

"Her back end was dragging. I'm like, 'Oh God, you, too?'"

Elgert rushed Eva to Cedarwood as well.

She then scoured the backyard for clues but came up empty.

The vets pumping Phineus' stomach, however, found it



Maddox Elgert is seen with his dog Phineus when he was a puppy. It's believed Phineus died after eating poison-laced chicken someone left in the Elgert family's backyard on Friday. CONTRIBUTED



I want whoever did this to know people are aware.

Meghan Elgert

was full of raw chicken that's believed to have been laced with the chemical strichnine.

Dr. Dagmar Schouten, a veterinarian with Cedarwood, said the chemical is commonly used to kill gophers, but even a tiny amount can cause a great deal of harm to dogs, especially smaller ones.

Phineus died Saturday morning.

Elgert said her son, nine-year-old Maddox, is devastated. "Saturday night, he couldn't sleep," she said. "When he finally did, he screamed for Phineus in his sleep. He cried pretty much all day Saturday. He said 'That's my best friend, who can I talk to now? Who can I get into trouble with and who will be there when I'm sad to make me happy?'

Red Deer RCMP confirmed a report of two dogs being poisoned, but didn't speak to possible suspects. Schouten said there's little doubt that the

chicken was placed in Elgert's backyard intentionally.

She said it was the only poisoning case in Red Deer that she was aware of in recent times, but said pet owners should be routinely checking their yards for suspicious items.

"It seems like it would be a safe place to let your dogs go in their own yard, but you never know," she said, adding, "It's a very difficult thing for us (veterinarians). We deal with lots of sick pets, but when there's this kind of intentional poisoning, it makes you extremely angry that people would be willing to do that to an innocent animal."

Elgert said Eva is expected to survive but is "lost" without her canine companion.

"Phineus was the boss," she said.

Elgert is struggling to understand why someone would poison her dogs, especially given that the pair had been with her at her mother's house in recent days and, when they are home, she always makes sure to usher them inside if they start barking.

"I want whoever did this to know people are aware," she said. "I would really hate for this to happen to any other animals."

OLYMPIAN
Morrison speaks on crash


Helen Pike
Metro | Calgary

Weeks after a collision that resulted in him being fined, multiple Olympic medallist Denny Morrison said he's on the mend and takes motorcycle safety seriously.



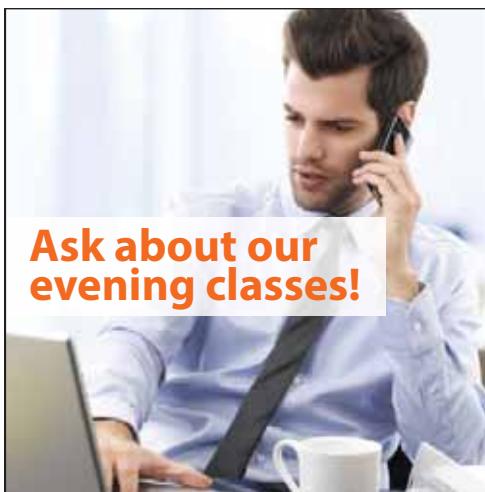
I have been riding motorcycles for 20 years and take road safety seriously.

Denny Morrison

The 29-year-old athlete spoke publicly Monday for the first time since the crash, which resulted in a \$155 fine. On May 7, police responded to the scene of an accident between a motorcycle and car near the intersection of Crowchild Trail and 32 Avenue NW. The force of the collision reportedly caused the car to flip on its side.

"I think I just got caught in the shadow of the car travelling next to me and the other driver didn't see me when she pulled out into the intersection. I had nowhere to go," said Morrison in a Speed Skating Canada news release. The crash left Morrison with several injuries, including some bruising to his lung, liver and kidney. His femur is also fractured. He is now using crutches, working on walking slowly, and has started some light stationary bike training.

In a statement, Speed Skating Canada's High Performance Director, Brian Rahill said the group is happy Morrison was cleared of any speculative criminal charges, and that he is now able to focus his energy on his goals in the upcoming 2018 Olympics.



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Marion Booth, left, is seen with some of the fellow ladies employed by Britain's Government Code and Cypher School in this photo from the Second World War era.

COURTESY LAUREN WEBBER

Woman's war efforts honoured

WWII
British government recognizes Calgarian

 **Jeremy Nolais**
Metro | Calgary

Marion Booth was just 17 when she began learning how to intercept Morse code messages between Japanese boats patrolling the Pacific Ocean during the Second World War.

She would spend a year in Victoria tapping out passages and then distributing them to others for analysis, providing pivotal information to Allied forces working to push back the Asian empire.

When the war was over, Booth transferred back to Ottawa and studied up on all things Russian. As Cold War tensions soared, she gathered and interpreted information obtained from the Soviet Union's far northern reaches.

But if you were to ask Booth about the pivotal role she played in two of history's loftiest con-

flicts, you're likely to get a modest response. She said her foray into the world of cloak-and-dagger intelligence started as a "lark" among friends and they always managed to squeeze in time for fun.

"I don't think it's an important role I played," she said Monday. "The whole thing was so big, I was a pretty small cog in there."

As it turns out, the British government respectfully disagrees and will award Booth Tuesday with the Bletchley Park Commemorative Badge.

The badge recognizes those who were employed by Britain's Government Code and Cypher School at Bletchley Park or its outstations — including Booth's on the B.C. coast.

"This lady gave such service in the name of her country," said Tony Kay, the British Consul General in Calgary.

She said she's surprised to receive the commemorative badge and said there were many other ladies who did the same job.

"I'm at a loss for the words about it," she said. "I'm honoured I guess is what I want to say."

She added, "I did my part in the war and then after. That's all I can say, really."

IN BRIEF

Driver caught speeding at more than 200 km/h

A Canmore driver with only learner's license may be facing some steep penalties after he was caught allegedly driving at 209 km/h on the Bow Valley Parkway.

The accused is now facing Criminal Code charges for dangerous driving and Traffic Safety Act offences.

RCMP said the driver was accompanied by a Quebec male, who was supposedly acting as the driver's supervisor.

METRO

Woman in critical condition after collision

A woman has been rushed to hospital after her vehicle struck the barrier on the Calf Robe Bridge in Calgary early Monday morning.

Police said units were called out to a crash near Deerfoot Trail and Peigan Trail around 5:37 a.m. Initially in life-threatening condition, the female driver of the vehicle is now said to be in serious condition.

METRO

POLITICS

Chu sorry for another insensitive tweet



Robson Fletcher
Metro | Calgary

After apologizing for a bizarre tweet of his own that offended many people over the weekend, Coun. Sean Chu found himself defending a former campaign manager Monday for an unrelated tweet seen by some as offensive — just not the people directly involved.

Chu was speaking to reporters Monday about his plans to change his social-media practices in the wake of an unusual online utterance in which he compared Ireland's gay-marriage referendum to the City of Calgary trying to "screw" downtown businesses with the new cycle-track network.

He was then asked about a days-old tweet from Dustin Franks, a policy adviser at city hall who managed Chu's 2010

election campaign.

The tweet joked that the new cycle tracks are "really just express lanes" for Kent Hehr, the former Calgary-Buffalo Liberal MLA, who is in a wheelchair. A smiley face was added at the end.

"You've got to understand. Kent and him are friends," Chu told reporters Monday. "I think it was among friends, as a joke."

Hehr, for his part, tweeted that he "enjoyed" the remark and "took it in the spirit it was

given," after Franks apologized on Twitter to anyone who took offence.

Mayor Naheed Nenshi said he didn't see malice in either Chu's tweet or Franks' tweet but noted inside jokes can come across differently on publicly read social media to people who don't recognize the context.

"If I was giving a social-media seminar, I would say: Be authentic. Be real. But try to be respectful," Nenshi said.

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Tuesday, May 26, 2015

Calgary | **metronews**

Police, mayor at odds over benefits

POLICE

Union says lack of maternal benefits deters female recruits



Morgan Modjeski
Metro | Calgary

Calgary's police union president claims a lack of maternal benefits is hurting attempts to recruit female police officers, but Calgary Mayor Naheed Nenshi said Monday it hasn't stopped women from joining law enforcement.

"I certainly have not seen any evidence of that in recruiting," the mayor told reporters, in response to a question from Metro.

Calgary Police Association president Howard Burns previously told Metro he would be advising potential officers to look carefully at benefits being

offered by the City of Calgary if they were considering joining the service.

"If they're planning on having a family, right now, I would probably steer clear of Calgary," he said.

Burns pointed out Calgary is falling behind when it comes to maternal benefits as some police services in other jurisdictions are offering what he says are more attractive packages.

In a market where agencies across the country are trying to recruit more women, Burns said he feels it puts Calgary at a disadvantage.

However, Nenshi said his administration has to ensure unions and associations across the city are treated fairly and numerous factors need to be considered.

"I will point out that some of what we have heard on this issue only benchmarks other police services," the mayor said.

"It's important to benchmark across the economy and,



Mayor Naheed Nenshi is not on same page as CPA. METRO

in particular, here at the City of Calgary.

"I may have several different unions, but I've got nearly 20,000 colleagues and I don't think it would be fair to treat one group of colleagues in this way differently than other groups."

The City of Calgary and the CPA are currently in arbitration and union officials say the maternal benefits are one of the primary issues on the table.

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Orchestra gets kids keen on classical

EDUCATION

Musicians and police team up for new school music program

Helen Pike
Metro | Calgary

For the excited kids in a Calgary school's instrument-filled gym, music is an important part of their day.

And, to be able to branch out and get a hands-on experience with the likes of a French horn is something to squeal about.

"Not many schools get to have this," said Michael Prosser, Grade 4 student at Patrick Airlie School. "We're a very lucky school."

Prosser said it was exhilarating to see all of the instruments lined up around the gym and added, for him, music is life.

"I've never been more excited to be around music," said



Cierra Landrie sets up a French horn as sister Summer Landrie and classmate Michael Prosser look on. HELEN PIKE / METRO

Grade 4 student Cierra Landrie. "Sometimes when you're upset or mad, you can put something on and then just listen to it and calm yourself down."

Jeremy Clark is no musician, but has used his time on the Calgary Philharmonic Opera board of directors to bring instruments to children participating in Calgary Police Service's Integrated School Sup-

port Project (ISSP).

"About two years ago I said 'Why don't we combine these things?'" he said. "So we thought, 'Why don't we try it in a school this time?'"

He said the CPO is working on becoming more inclusive to expand their audience, and working with schools to expose a younger generation to instruments is part of that.

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Overcapacity hospital areas only 'last resort'

HEALTH CARE

Nurses' union says concerns raised about conditions

Jeremy Nolais
Metro | Calgary

City hospitals have developed an "algorithm" to determine when it's appropriate for staff to turn to so-called "overcapacity spaces" to accommodate patients, says Calgary's medical director.

Dr. Francois Belanger said the move came in response to a briefing note from the infection prevention control team in the zone headed up by Dr. John Conly.

"Using an overcapacity space is really a situation of last resort — we do not do that on a regular basis," Belanger said.

We only put patients together at the end of their hospital stay, so we really have a lot of information about how they're doing."

In the note, Conly said senior officials were advised the practice of converting single-bed rooms into areas for two patients should be immediately discontinued.

But Metro ran a story in mid-May detailing the frustration of patient Laura Bitz, who, after having a complete hysterectomy in late April, claimed she was crammed into a modified private room alongside another patient at the Peter Lougheed Centre.

"Even getting two nurses in there to help us, it was so crowded," she said in an interview. "They were banging into tables and had to keep moving things



Overcrowding at Calgary hospitals is becoming "the norm," according to nurses, and a major risk to patients, according to an AHS infection expert. METRO FILE

to manoeuvre around the patients. It was ridiculous."

Asked about Bitz's claims at the time, AHS maintained that such room arrangements "comply with Infection Prevention and Control (IPC) and fire regulations."

But Conly, who has viewed photos of Bitz's room snapped by her son, said he disagrees. Furthermore, he said, "from a moral and ethical perspective," patient consent should be obtained before they are put into such a room.

Belanger didn't specify Monday whether private, single-bed rooms were actively being converted to squeeze more pa-

MORE DETAILS

Dr. John Conly listed some diseases patients in tight quarters are at risk of:

1. Meningococcal meningitis
2. Enterovirus D68
3. Norovirus
4. C-difficile
5. Influenza

tients in, saying only a "variety of rooms" were being used as overcapacity spaces.

"Sometimes it's in hallways, sometimes in lounges ... and

sometimes it is large, single patient rooms," he said. "We do our best and I think we do a pretty good job to minimize the risk of infection."

As evidence, he pointed to relatively strong performance measures in Calgary when it comes to the spread of infectious disease.

In 2013-14, the Calgary zone saw four cases of Clostridium difficile (C. diff) infections acquired in hospitals for every 10,000 patient days. That mark was slightly below the province's mark of 4.3 and well below the 2011 national average of seven.

A rate of four means approximately 100 patients per month

BACKGROUND

Crowded rooms becoming 'the norm': Nurses' union

Jane Sustrik, first vice-president with the United Nurses of Alberta, said the issue of overcapacity rooms is not confined just to Calgary. She's heard reports of patients being put in tub rooms, quiet rooms and other areas.

"They're not patient rooms," Sustrik said. "They've not been set up with call bells, oxygen (equipment), suction."

"I've heard of a patient in a quiet room being given a handbell so they can ring that and portable oxygen being brought in."

On a personal note, Sustrik said a few years ago her own father was put on a narrower "stretcher bed" so he and two fellow patients could be squeezed into a room intended for one less person at the University of Alberta Hospital.

acquire a C. diff infection in Alberta, according to the health body.

As well, room space is just one part of the issue, Belanger said, noting staff play a pivotal role in mitigating the spread of disease. In 2013-14, it was found that health-care workers took the opportunity to clean their hands 66 per cent of time. That figure was up from 50 per cent two years prior. In Calgary, however, the rate of hand hygiene lagged behind at 60 per cent, second-lowest only to the Edmonton zone's 57 per cent.

MUSIC Stolen bass returned

Anna Brooks
Metro | Calgary

Local musician Hans Sahlen said he is overjoyed to be reunited with Blue Belle, his striking blue bass that was stolen after his van was broken into May 16.

Sahlen, who works as a facility caretaker at Axe Music in Calgary, said the store's assistant manager Tim Hayoz received a call from a man who said he had found the unusual instrument.

"They weren't sure whether they wanted to bring it in because they were afraid of being arrested for stealing a bass, and I understand that," Sahlen said.

Sahlen said it took about 45 minutes of coaxing to convince the men that the police would not be involved, and it would be a strict exchange of the bass for the \$500 reward initially offered by Sahlen.

Now ready to rock at Lilac Fest next week, Sahlen said he's eternally grateful to Hayoz and owner Brian Cymbaluk at Axe Music for helping him get Blue Belle back.



Hans Sahlen poses with Blue Belle. CONTRIBUTED

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Naheed Nenshi belts it out

NHL WAGER

Mayor croons with friends after losing bet

Robson Fletcher
Metro | Calgary

For many, it's the stuff of nightmares: you can't really sing but

you're being forced to—in front of a crowd and TV audience, no less.

So, what do you do? (Other than pinch yourself and hope you wake up?) Well, if you're Mayor Naheed Nenshi, you call in a few dozen of your closest friends to serve as "backup" singers. The Calgary mayor made good on his three-part NHL playoff bet with his Anaheim counterpart on Monday. Nenshi made a donation to ACT Anaheim, a youth-

focused charity affiliated with the Anaheim Ducks.

He showed up to Monday's city council meeting wearing a borrowed Ducks jersey (the old kind, with the purple sleeves). And third, he prepared a unique rendition of 'Let It Go' from the Disney film Frozen.

"I believe if one is going to make a bet, then losing that bet should hurt a little," the admittedly musically challenged mayor said just before launching into

the tune. He was immediately joined by some old university friends with a tad more vocal talent: Cedric Blary, Jonathan Love, Ken Lima-Coelho, Chris Herard, who together form the Heebee-Jeebees and helped him begin the musically complex piece. Soon, more and more special guests joined in the song, including the Calgary Children's Choir, Revv52, ONCUE, members of the Cowtown Opera, James "Peterpot" McInnis and others.



Naheed Nenshi sings with the Heebee-Jeebees to open Monday's city council meeting to settle a bet. ROBSON FLETCHER/METRO

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PROVINCIAL POLITICS

Notley criticized for speaker selection

Alberta's new government under Premier Rachel Notley has yet to meet in the legislature, but there's already heated debate over the impartiality of the next Speaker.

Bob Wanner, the incoming MLA for Medicine Hat, confirmed Monday that Notley took a direct role in getting him nominated to be, in effect, the next referee of the legislature.

"There was a caucus meeting (Sunday). The premier nominated me as a candidate," Wanner said

The premier nominated me as a candidate.
MLA Bob Wanner

in an interview. "It was voted on and endorsed by the New Democratic caucus, and I agreed to accept the nomination."

He said he is reaching out to all parties in the coming days and would serve all without fear or favour.

"I would hope that in the vein that we're all hoping for that we will have a process that all of the 87 MLAs have trust and confidence in the Speaker," he said.

No other MLA has publicly announced a desire for the job. The current Speaker, Tory Gene Zwozdesky, was defeated in the May 5 election. The Speaker will be chosen by a majority of MLAs in a secret ballot in the house on June 11.

The Speaker, while coming from one of the parties in the house, has a critical role as an impartial arbiter, deciding which questions can and can't be asked and disciplining members as required. It's a role that parliamentary tradition demands be as free of partisanship as possible.

Wildrose house leader Nathan Cooper said Wanner's impartiality is now in question given that as Speaker he may be asked at some point to rule against Notley, the person who effectively got him the job. "How can this guy rule against the premier when he's the premier's choice?" said Cooper. THE CANADIAN PRESS

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Tuesday, May 26, 2015 | 13

Facebook to distribute targeted Amber Alerts

SOCIAL MEDIA

Network to help by providing details of missing child

Facebook Canada will start sending Amber Alerts to users near the location where a missing child is believed to have vanished.

The alerts will provide all available details of the missing child and can be easily shared, to help spread the word.

The social media network says it will work with police in major centres across the country to get the alerts out.

Facebook started a similar system in the United States in January.

Public Safety Minister Steven Blaney made the announcement Monday at Ottawa police headquarters.

He pointed out that Monday was National Missing Children's Day.

"There is no greater fear for a parent than the possibility of a missing child," he said in a statement.

"Today is an important day to remember not only children who have gone missing, but also their loved ones."

Jordan Banks, managing director of Facebook Canada, said speed is vital in dealing with an abduction.



Victoria, who turns one today, is seen with her parents Melissa McMahon and Simon Boisclair, of Trois-Rivières, Que., in Ottawa Monday. Victoria was taken from a hospital last year and found thanks in part to the Internet. SEAN KILPATRICK/THE CANADIAN PRESS

"The most valuable thing we can do is get information out to the public as fast as possible," he said in a statement.

"By getting the right information to the right people at

the right time through targeted Amber Alerts on Facebook, we hope to reunite missing children with their families faster."

Pina Arcamone, director

general of the Missing Children's Network, said Facebook is uniquely positioned to help with Amber Alerts.

"When a child disappears, every second counts and statistics have shown that the rapid dissemination of information greatly increases the chances of locating a missing child, safe and sound."

"Facebook's geo-targeted

alerts will give Amber Alerts an expanded social media and Internet presence, thus greatly enhancing our abilities to quickly recover the child."

Last year, a newborn abducted from a hospital in Trois-Rivières, Que., was found after four teens saw a photo of the suspect in their news feeds and recognized her.

THE CANADIAN PRESS

FOOD

Beware pale pasta imitators

Is your spaghetti dinner really Italian?

Not if you're using marinara sauce from a jar, regular supermarket pasta, everyday olive oil or — gasp — grated Parmesan cheese, says Pasquale Bova, the Italian trade commissioner to Canada.

And he warns it's a very serious economic issue hurting both Canadian taste buds and Italy's food export business. So the Toronto office of the commission has launched its biggest-ever advertising campaign to raise consumer awareness about imitation Italian food products.

"If you're not buying Italian, you're not eating Italian," Bova said in an interview.

Canada, the U.S. and Mexico are some of the largest consumers of imitation Italian food products, according to the commission. Meanwhile Canada is among the Top 10 worldwide destinations for real, made-in-Italy food and beverage exports.

However, Canada buys an estimated \$3.6 billion of "fake" Italian foods every year, says Bova. "Italian cheeses have more look-alikes than Elvis Presley," says the commission's website, italianmade.com.

The commission advises looking for "Made in Italy" on the label, the region it's from, or a DOP (Protected Designation of Origin) logo or IGP (Indication of Geographical Protection) certification on packaging.

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16 | Tuesday, May 26, 2015

World | metro NEWS

SOUTH AFRICA

Rhino treated after horns hacked off

Poachers in South Africa had darted the rhino with a tranquilizer and hacked off her horns while she was sedated, leaving the animal with a horrific wound covering much of her face. A couple of days later, staff on a wildlife reserve found the grievously injured rhino — alive.

Last week, veterinarians operated on the 4-year-old female, a rare survivor of increasing attacks by poachers who killed more than 1,200 rhinos last year in South Africa — home to most of the world's rhinos.

They removed maggots and dead tissue, applied dressing and fastened a fibreglass cast with

steel screws. The wound measures 50 by 28 centimetres, the biggest of 10 similar cases that the team has treated in the last three years.

"If we can save Hope and she can go back and produce more offspring, then in her lifetime she would have contributed to the survival of the species," said Dr. Gerhard Steenkamp, a veterinarian from the University of Pretoria. He is a member of Saving the Survivors, a South African group that treats rhinos who have suffered gunshot wounds, facial gouges and other injuries inflicted by poachers.

THE ASSOCIATED PRESS



In this photo taken Friday, a rhino named Hope stands in her pen in the Eastern Cape province, treated with a dressing where her horns used to be. SAVING THE SURVIVORS/THE ASSOCIATED PRESS

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U.K. leader Cameron outlines who can vote

REFERENDUM

Should Britain remain in EU?

Britain's prime minister on Monday outlined who will be allowed to vote in a referendum on whether Britain should remain in the European Union, opting to exclude most voters from the other 27 EU nations living in the U.K.

Prime Minister David Cameron announced the parameters ahead of introducing legislation Thursday in Parliament to or-

ganize the ballot. No date has been set for it yet but Cameron is committed to holding the referendum by 2017.

His plans include a tour of European capitals to press his case that the EU needs to be reformed, hoping that the upcoming vote in Britain will convince those on the continent that Britain is determined to enact change.

Cameron plans to travel to Denmark, the Netherlands, France, Poland and Germany this week as part of his efforts to talk with all of the leaders of

the EU member states before the European Council late next month.

Under the referendum measure, the vote will be open to those allowed to vote in British elections rather than rules used for European Parliament or local elections.

Cameron said U.K.-resident citizens of four other EU members — Ireland, Commonwealth members Cyprus and Malta, and the U.K.'s own territory of Gibraltar — will be eligible to vote, while citizens from 24 other EU nations will not.

This means more than half of eligible voters among the 2.8 million non-British EU citizens living in the United Kingdom will be denied a ballot in the referendum.

Uniquely, Cameron plans to permit eligible voters in Gibraltar, the British territory on the Mediterranean Sea, to take part. That decision could aid the pro-EU side, because Gibraltar's 30,000 residents broadly see EU membership as essential to thwarting Spain's ambitions of claiming the 6.8-square-kilometre territory. THE ASSOCIATED PRESS

CORRUPTION TRIAL

Former Israeli PM sentenced to prison

Former Israeli Prime Minister Ehud Olmert was sentenced Monday to eight months in prison for unlawfully accepting money from a U.S. supporter, capping the dramatic downfall of a man who only years earlier led the country and hoped to

bring about a historic peace agreement with the Palestinians.

Olmert was convicted in March in a retrial in Jerusalem District Court. The sentencing comes in addition to a six-year prison sentence he received

last year in a separate bribery conviction, ensuring the end of the former premier's political career.

Olmert's lawyer, Eyal Rozovsky, said Olmert's legal team was "very disappointed" by the ruling and would appeal to Is-

rael's Supreme Court. They were granted a 45-day stay, meaning the former Israeli leader will avoid incarceration for now.

Olmert also was given a suspended sentence of an additional eight months and fined \$25,000. THE ASSOCIATED PRESS

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A Rohingya migrant child shares a phone to talk to a relative at a temporary shelter in Indonesia, Monday. THE ASSOCIATED PRESS

139 graves found

HUMAN TRAFFICKING

Malaysian PM vows to find smugglers

A cluster of abandoned jungle camps used by human traffickers contained 139 suspected graves, as well as barbed-wire pens likely used to cage migrants, Malaysian authorities said Monday.

The find sheds light on regional trafficking that preys on some of Southeast Asia's most desperate people.

National police chief Khalid Abu Bakar said forensics experts were exhuming the suspected graves found at 28 vacated camps in the hilly jungle on the border with Thailand.

Most of those who have fallen victim to the trafficking networks are members of Myanmar's persecuted Rohingya Muslim minority or impoverished migrants from Bangladesh, part of a wave of people who have fled their homelands to reach countries like Malaysia in a bid to escape persecution and to find work.

THE ASSOCIATED PRESS

FRANCE

President's ex plays bigger political role

They both share an immoderate taste for politics. Power is their reason for living, their mutual obsession.

Valerie Trierweiler, France's former first lady

She is playing a key role in France's preparations to host a landmark UN conference in Paris later this year on fighting climate change.

But her high profile at Hollande's side is rankling critics

who say she's playing too big a role in presidential politics. Royal, 61, draws her special status from her personal relationship with the president and from her high-level political career.

A heavy hitter in the Socialist

Party, Royal ran for president in 2007, coming second to Nicolas Sarkozy. That same year she announced her split from Hollande, after almost three decades together. Hollande then beat Sarkozy for the presidency in 2012.

Royal's nomination as minister came soon after Hollande's tumultuous breakup with ex-first lady Valerie Trierweiler, who was said to be firmly opposed to seeing Royal enter the government.

THE ASSOCIATED PRESS



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Air Canada crackdown on oversized bags begins

TRAVEL

Fliers faced short wait times on first day of program

Air Canada began its promised crackdown on oversized carry-on baggage on Monday, beginning with passengers checking in for flights in Toronto in a program it plans to expand across the country in about two weeks.

Passengers leaving on early flights from Pearson International Airport faced short lineups to get carry-on bags checked for size and weight.

Those whose carry-on items met the criteria received a red tag, which the airline says helps reduce wait times at security. Those with articles that exceeded the guidelines faced being stopped at security and sent back to check-in where "standard fees will apply."

Renee Smith-Valade, Air Canada vice-president for customer experience, said extra staff were on hand at both check-in and security checkpoints and passengers moved quickly through the delay.

"Most European, international and U.S. carriers already have



Unless you have one of these red tags, you will not be approved to carry on your bags. Air Canada has started to issue red tags for approved carry-on bags that meet the dimensional requirements. CHRIS SO/TORSTAR NEWS SERVICE

a system like this ... so we're just coming into line with what most other airlines are already doing," she said in an interview.

The airline declined to say how many customers were turned back for having oversized carry-on luggage, but said wait

times were five minutes or less and by Monday afternoon not a single customer had missed a flight due to the new process.

As the busy summer travel season is set to begin, Smith-Valade said the goal is to efficiently board planes so flights

can leave on time. The airline says surveys have shown that on-time departures are the biggest driver of customer satisfaction.

Air Canada plans to begin checking and tagging carry-on bags at most other Canadian airports around June 8.

LUGGAGE

Air Canada outlines carry-on specifics

Air Canada specifies that a personal item can include a backpack, briefcase or laptop computer measuring up to 16 by 33 by 43 centimetres and a standard item such as a suitcase measuring up to 23 by 40 by 55 centimetres, including wheels and handles.

The weight limit is 10 kilograms per item.

Airlines around the world have seen the number of carry-on bags rise as they implement checked baggage fees.

Air Canada began charging a \$25 checked-bag fee last fall on its lowest-class domestic flights and on flights to and from the Caribbean and Mexico. Air Canada has charged for a traveller's first checked bag on U.S.-Canada transborder routes since 2011. The fee applies to about 20 per cent of passengers.

Transport Canada rules allow passengers to carry on two unchecked items. Those travelling with an infant on their lap can carry on an additional standard article. THE CANADIAN PRESS

REAL ESTATE

Cheap oil may split housing market

Lower crude prices are expected to help contribute to a split in the Canadian housing market that will see oil-producing provinces slow but others gain ground, Canada Mortgage and Housing Corp. said Monday.

The federal agency predicted the overall pace of housing starts will slow slightly this year and next, but that there would be regional differences.

"A slowdown in housing starts and resale transactions in oil-producing provinces such as Alberta will be partly offset by increased housing market activity in other provinces, such as Ontario and British Columbia, which benefit from the positive impacts of declining energy prices, a lower Canadian dollar and continued low mortgage rates," CMHC chief economist Bob Dugan said in a statement.

Regionally, Alberta is expected to see a 13.8 per cent drop in housing starts, while Saskatchewan is forecast to slip 21.3 per cent this year. Offsetting the decreases, Ontario is expected to gain 4.3 per cent.

Alberta is expected to be the big percentage loser with a drop in resales of 19.2 per cent this year. Ontario resales are forecast to gain 1.8 per cent, while B.C. is expected to add 6.5 per cent. THE CANADIAN PRESS

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MANITOBA

Oil pipeline a threat to waterway: Report

A new report says a pipeline that would carry one million barrels of oil daily from Alberta to the East Coast would threaten the drinking water of more than 60 per cent of Manitoba residents.

The report by the Manitoba Energy Justice Coalition said a

rupture on the proposed Energy East pipeline would seep into any number of waterways which feed into Winnipeg's water supply.

The pipeline transporting oil from Alberta and Saskatchewan to refineries and port terminals

on the East Coast would partly run underneath an aqueduct carrying Winnipeg's drinking water from Shoal Lake near the Ontario boundary.

"Small, continuous, undetected leaks will occur and seep unseen into the ground caus-

ing ground and surface water contamination," said Dennis LeNeveu, a retired biophysicist and author of the report.

Conservation Minister Tom Nevakshonoff declined to be interviewed.

THE CANADIAN PRESS

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the big question

Why did Canada vote to keep nukes?

To show support for Israel — and it wasn't the only country to do so. Canada joined the United States and Britain on Friday in blocking a UN plan to hold a conference on nuclear disarmament in the Middle East by 2016 — a move that could have forced Israel to admit it's a nuclear power. Israeli Prime Minister Benjamin Netanyahu thanked Canada, saying "a weapons-of-mass-destruction-free zone can only be truly effective if all countries in the Middle East participate." To the disappointment of NGOs working to abolish nuclear weapons, disarmament efforts are on hold until 2020.

THE CANADIAN PRESS

For multi-use success, all must share the road



Excitement is building for the city's cycle track pilot project. Construction continues on separated bike lanes along key downtown routes.

Stephen Avenue will be different. It's not getting a cycle track. It was previously pedestrian-only during the day and shared with cars at night, but will now allow bicycles at all times.

I'm optimistic we will make the addition of bicycles to Stephen Ave. work, but only with thought, planning and effort. Some comments I've heard have given me pause. Many people say simply that the shared space will be fine, that it works in other cities and that bicyclists know what to do (that is, they will simply

slow down or dismount if the avenue is too busy with pedestrians).

There's a reason the majority of the roads being used in the cycling pilot are in barrier-separated lanes. Research shows these types of lanes are safer and more comfortable for cyclists. That's because bicyclists are the most vulnerable users on the road, and so being separated from automobiles is desirable. And having mixed-use on Stephen Ave. takes away a measure of comfort and safety from walkers.

Many people are using the multi-use river pathway by Eau Claire as an example of where mixed-use works perfectly fine right now. However, other recent pedestrian and bicycle infrastructure projects (such as the Riverwalk pathway and the Peace Bridge) are separated.

In fact, the city recently

commissioned a new plan for the West Eau Claire Park area. Many comments were received that the mixing of modes didn't always work. The final plan calls for some separation of the two modes to address these concerns.

Our multi-use pathways are officially shared equally between bikes and pedestrians. It's generally understood that pedestrians or slower users stay to the right and bicyclists or faster users pass on the left.

Stephen Avenue is, and should remain, pedestrian-first. Pedestrians should be free to travel whichever way they wish, stop when necessary (to look at a patio menu or watch a busker), and bicyclists can't expect to be able to use the avenue as an unobstructed commuter thoroughfare.

I trust the city's planners to ensure this pilot is successful. As there will be little physical

change to the avenue (except for new gates and stripes of not-very-visible paint at high traffic points), communication and education will be key. Bicycle ambassadors will educate about proper use and etiquette this summer. This education and immediate feedback if bicyclists are making pedestrians feel uncomfortable or unsafe will make sure those who currently use the avenue welcome the change.

If we can make this work it will be great for Stephen Ave. and downtown, bringing more people to a wonderful place and increasing vibrancy and activity day and night.

Kimberly Jones has lived in Calgary for 35 years. She is a transportation advocate, particularly interested in walking and public transit, and studies urban issues and planning.

ROSEMARY WESTWOOD

metroview



"It's time to shed the haughty gaze at the wayward tourist."

There's now one more reason to avoid Victoria's tourist-swarmed downtown core this summer.

Volunteers in 1940s-style British "bobby" uniforms — complete with egg-shaped hats — will be walking the beat "armed only with a smile, interesting historical facts and crime prevention information," according to police. It's an effort to make out-of-towners feel even more like they've escaped to a west-coast Pleasantville.

And it's another reason to hate on tourists.

You know, the camera-toting (don't you have a smartphone?!), meanderers clad in comfortable shoes, clogging the seawall in Vancouver and the streets of Kensington Market in Toronto. Also known, to one friend, as "THE WORST SIDEWALK WALKERS!"

They don't know where they're going, or how to get there. They turn our cities into marketing fluff and our streets into parking lots for tour buses.

But in our annoyance, we forget: We are tourists, too.

Canadians are the seventh-largest spenders on travel in the world, to the tune of \$37 billion in 2014.

The golden rule of a good trip is good people. That could be a travel buddy or a hostel crew, but it's also

often the locals. In Lisbon, Portugal, my sister and I made friends out of people who showed us the hidden bars and late-night hangouts, the beaches a short drive out of town, the best places to catch the sunset.

That's the hipster way to travel these days — getting the "local" experience. But we forget it relies on locals treating us, the tourists, like the potentially interesting humans we are.

I try to be kind to tourists, sometimes. I'll offer directions or tips on what to see and eat. But I've never looked at a tourist as a potential friend. And I've never been the source of someone's amazing story of travel to Canada.

There is another reason to stop hating tourists: They brought in \$17.3 billion in 2014. You've heard this before, but many people's livelihoods depend on them.

Yes, it is irritating to see my hometown become even more of a caricature of imagined Englishness. I didn't think Victoria could grovel any harder at the feet of its British roots. It can.

But whatever I think of the volunteer bobby idea, it's time to shed the haughty gaze at the wayward tourist. There's no point having a superiority complex if you don't help make your city a nice place to be.

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The number of high-heel accidents that occurred in the U.S. in 2011 — the most eventful year for mishaps — according to the study.

AFP

Putting on heels carries a sky-high price

RESEARCH

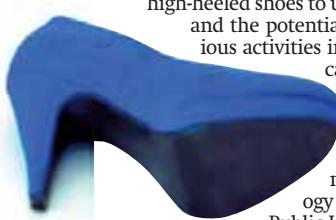
New study shows that stiletto-related injuries have doubled over the last decade

Injuries related to high-heeled shoes doubled between 2002 and 2012, according to a new study from the University of Alabama at Birmingham in the U.S.

And they're not just talking about blisters. The most common injuries were sprains and strains to the foot and ankle.

In fact, the damages were severe enough that upon publication of the study in the *Journal of Foot and Ankle Injuries*, the research team took the occasion to warn the public about appropriate footwear selection and awareness of one's surroundings.

"Although high-heeled shoes might be stylish, from a health standpoint, it would be worthwhile for those interested in wearing high-heeled shoes to understand the risks and the potential harm that precarious activities in high-heeled shoes can cause," says lead author Gerald McGwin, Ph.D., vice chair and professor of the Department of Epidemiology in the UAB School of Public Health.



Working with data from the Consumer Product Safety Commission's National Electronic Injury Surveillance System, McGwin and his team counted 123,355 high-heel-related injuries that occurred during the decade they surveyed.

The most eventful year was 2011 with more than 19,000 accidents.

The 20s are the most vulnerable years for high-heel-related injuries, followed by the 30s, according to the study.

Over 80 per cent of the injuries were to the ankle or foot, with less than 20 per cent pertaining to the knee, trunk, shoulder or head and neck, according to the study.

AFP

FASHION PAINS

Long-term damage possible

Walking in high heels has been shown to significantly reduce ankle muscle movement, which could restrict range of motion in the foot over time, according to the study.

Previous studies have established that high heels are often the culprit behind musculoskeletal issues and lower extremity discomfort, according to McGwin. Previous research shows women's feet begin to hurt after one hour and six minutes of wearing high heels. McGwin recommends that those who don high heels be aware of how often they do so and for how long. "We also noted that nearly half the injuries occurred in the home, which really supports the idea of wearing the right footwear for the right occasion and setting," says McGwin.

His research suggests high-heeled shoes have been in fashion for nearly 300 years.

AFP

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How to avoid feeling excluded

MANNERS

If no one else is going to make introductions, you should

URBAN ETIQUETTE

Ellen Vanstone

Dear Ellen, I was walking down the street with my friend, when we ran into a guy he knew, so my friend and this other guy started talking while I just stood there feeling really awkward. I kinda half-smiled like an idiot, then I took out my phone and pretended to be busy, then I just started getting irritated. Should I have said something? Or would that have made me look too insecure or oversensitive?

— Mikala

Dear Mikala, First of all: You were not being insecure or oversensitive. You were having a sane and normal



If your friend doesn't introduce you, avoid an awkward situation by introducing yourself. iSTOCK

reaction to being treated with rude indifference.

It's fine to wave or exchange a word or two with someone you pass on the street, but as soon as your friend embarked

on a longer conversation with the new guy, he should have paused to introduce you to him, and him to you.

This is basic good manners — on the street, in restaurants,

at parties. There's a whole raft of rules and regulations about formal introductions, mostly about introducing royalty and the elderly before peasants and children (which you can find and

study online if you want).

But the only rule that matters is this: Don't let anyone stand around feeling excluded from a conversation — including yourself. If no one else is going to

make introductions, you should.

Think about it. You were standing there feeling uncomfortable, but maybe the new guy was also feeling a bit weird — especially if you half-smiled like an idiot, then whipped out your phone and pointedly ignored him, then stood there glaring at him with irritation. (Rule of thumb: It's never good manners to be passive-aggressive.)

It's much better to avoid this by introducing yourself right at the start — "Hi, I'm Mikala!" — and put everyone at ease. It doesn't mean you have to horn in on the conversation. You can stand by politely while they chat, but the door is now open for communication between all parties.

This approach will also be much nicer for your ill-mannered friend. Now you don't have to attack him for being such a rude pig the second you walk away from the new guy, or punish him with silent, fuming resentment all day, which, as mentioned, would be passive-aggressive and therefore rude, which you are not, right?

Need advice? Email Ellen at scene@metronews.ca

RESEARCH

If you want to get more exercise, get a new playlist



An optimized playlist was shown to help cardiac rehab patients exercise more. SHUTTERSTOCK.COM

Personalized music playlists with tempo-pace synchronization turned a group of cardiac rehab patients into devoted fitness enthusiasts, increasing adherence to exercise programs by 70 per cent, according to a new study.

It's your favourite music on playlists that have been sonically modified by audio experts who embed extra rhythmic beats, enhancing the listening and exercise experience in an effect that's called rhythmic auditory stimulation (RAS). The study has impli-

cations for patients whose long-term survival could depend on getting exercise, but they could pertain to just about everyone.

"The music tempo-pace synchronization helps cue the person to take their next step or stride and helps regulate, maintain and reinforce their prescribed exercise pace," says Dr. David Alter, senior scientist for Toronto Rehab at University Health Network and Institute for Clinical Evaluative Sciences.

Those who received playlists with ordinary tempo-pace syn-

It would correlate with a projected life expectancy increase of two and a half years.

Researcher Dr. David Alter, on the health benefits of the extra exercise

chronization did an average of 105.4 minutes more exercise than those who exercised with-

out music, yet those whose playlists had been tweaked for rhythmic auditory stimulation (RAS) exercised for at least 261.1 minutes more than both the other groups.

Crunching the numbers, the researchers whose study was published in Sports Medicine concluded that this corresponds to a 70 per cent increase in weekly exercise. Dr. Alter says cardiac rehab patients could be key to establishing its effectiveness due to their high rate of exercise abandonment. AFP

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Scientists say that by 2050, the airborne concentration of ragweed pollen will be, on average, four times greater than current levels. SHUTTERSTOCK.COM

Ragweed to go on a rampage

ALLERGIES

North American weed to flourish overseas over coming decades

Itchy eyes, sneezing and wheezing are likely to spread in Europe in coming decades as a notorious allergy-causing North American weed goes on the rampage, scientists said on Monday.

Introduced to Europe in the late 19th century, common ragweed (Amaranthus arvensis) is a plant with reddish stalks whose tassel flowers are massive producers of pollen.

Today, the plant is firmly established in northern Italy and southeastern France, and is spreading elsewhere in niche habitats such as farmland, roadside verges and railway embankments.

Looking at present trends, northern continental Europe and southern Britain will be badly exposed to the invader, according to the new research.

Scientists in France, Britain and Austria built a computer model factoring in ragweed's seed dispersal and pollen production, prevailing winds in Europe and likely scenarios for global warming.

"Climate change and ragweed seed dispersal in current and future suitable areas will increase airborne pollen concentrations, which may consequently heighten the incidence and prevalence of ragweed allergy," the paper said.

By 2050, airborne concentration of ragweed pollen will on average be four times greater than current levels, the scientists found. North-central Europe, northern France and southern Britain will see substantial increases. AFP

SMOKING

Study: E-cigarettes good as a short-term quitting aid

A new study into how e-cigarettes can help people quit smoking long-term suggests that the biggest effects are felt over the first month.

The paper, presented at the 2015 American Thoracic Society International Conference, finds that "e-cigarettes have been shown to significantly improve abstinence at one month" when com-

pared to placebo electronic smokes.

Lead author Riyad al-Lehebi and his University of Toronto colleagues searched two medical databases' worth of previous studies — 4,569 abstracts identified — coming back with 297 articles and then whittling them down to two randomized trials and two uncontrolled before-and-after studies.

Their findings can make a significant difference for those seeking to abstain from traditional forms of smoking, at least over an initial month-long period.

But only one study went on to evaluate continuous abstinence at six months, with results from e-cigarettes equal to those obtained by subjects using open-label nicotine patches instead. AFP



E-cigarettes can help people quit short-term.

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Defending Nickelback. Again.

POP PARIHS

Now even Aussie police are drinking the Haterade

SOUND CHECK

Alan Cross

As Nickelback prepared to play a show in Brisbane, Australia, last week, the Queensland Police Service issued an Interpol-like alert. If your BS radar was even slightly detuned, it looked like a legitimate Simon Wiesenthal Center-level APB.

"WANTED FOR CRIMES AGAINST MUSIC," read the tweet. "Police are on the lookout for these men who are believed to be impersonating musicians around Boondall this evening. Avoid this area. It might be hazardous to your hearing and street cred."

This is good use of police resources? And what has the band ever done to deserve to be the subject of hatred?

I've done some digging into this. We can pinpoint the moment when it became fashionable to hate Nickelback. On May 5, 2004, Comedy Central began running a promo for a show called *Tough Crowd* featuring host Colin Quinn dissing a recent study that linked violent lyrics to violent behaviour. "No one talks about the studies that show that bad music makes people violent," he said, "but listening to Nickelback makes me want to kill Nickelback."

Until then, Nickelback was merely a popular mainstream rock band. But that promo ran again and again and again, causing the meme to take hold and — well, look where things are today.

Readers of *Rolling Stone* named them the second-worst band of the '90s, second only to Creed. Online dating sites warn that admitting to liking Nickelback is moderately worse than confessing you have incurable syphilis. But why?

Deconstructing the cause of Nickelback hate is surely worthy of some kind of PhD dissertation. Is it because Chad Kroeger spends too much time writing



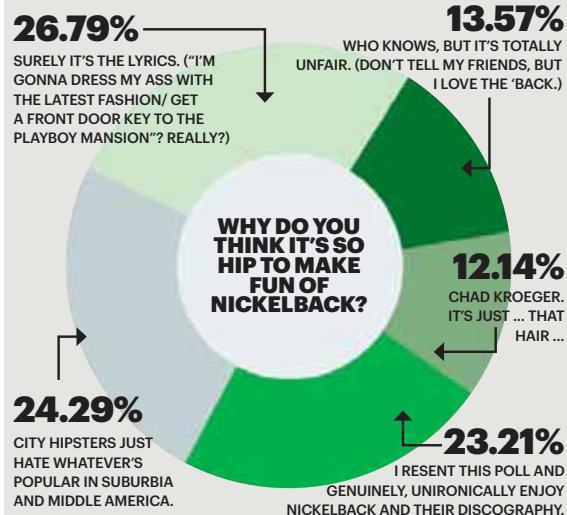
Wanted ... for crimes against music? Columnist Alan Cross thinks it's time we give Chad Kroeger and the rest of the boys in Nickelback a break. MARK DAVIS/GETTY IMAGES

songs about partying, getting blind drunk, sex, strippers and hookers? That doesn't make sense when you live through Van Halen, Mötley Crüe and Marilyn Manson.

Perhaps it's the slick main-

stream-ness of the Nickelback sound that doesn't sit well with critics, hipsters and fans of "proper" rock. Could it be overexposure? *How You Remind Me* was the bestselling rock song of the '00s and played on American

METRONEWS.CA Reader poll



radio more than any other song that decade. It's easy to hate that kind of success. Or could it be — let's just say it — because they're Canadian?

Personally, I have nothing against Nickelback. They pro-

duce insanely popular rock songs that resonate with millions of people in the heartland. Any hate directed toward them is far, far out of proportion with what they do. Any doctoral candidates want to get to the bottom of this?

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Medicine Hat Mall
Park Place Shopping Centre

Experts lend a hand with speeches

PUBLIC SPEAKING

May we speak frankly? Some things are best left unsaid

Elizabeth May's rambling remarks at the recent parliamentary press gallery dinner thrust the Green party leader into the spotlight for all the wrong reasons.

Lighthearted and self-deprecating speeches are typically hallmarks of the annual non-partisan event. But May's address to assembled politicians and journalists veered off-course.

Before stepping to the mic, public speaking experts suggest keeping a few tips in mind for mastering the big moment — and avoiding controversy.

Know your audience

Given that your audience in any public speech could range in age and background, it's best not to go "out of bounds," said Beverly Beuermann-King, a stress and resiliency specialist and certified speaking profes-



Stick with your notes, even if you think your audience isn't responding. iSTOCK

sional based in Little Britain, Ont.

"If you can't say it in front of all of those groups without kind

of embarrassing or frightening or shocking them, then it's not an appropriate story," said Beuermann-King, past president

of the Toronto chapter of the Canadian Association of Professional Speakers.

"What you say when you're

it very much."

Kokocki said he doesn't think it's ever a good idea to push the envelope in public remarks.

"I suppose if you're in a small group with people you're absolutely sure you know well, you might choose to do that. But these days, everything is public and could quickly be made public," he said.

Tell a story

Beuermann-King said the desire to be perfect and impress everyone is often a source of stress prior to giving a speech.

"They put a lot of pressure (on themselves) when in reality, people just want to hear a few stories about that person — appropriate stories — and just know that you wish them well."

She suggested sharing a brief, descriptive anecdote that helps guests feel connected to the tale.

Keep it brief

"Figure out what those key stories are, making them about a minute or so apiece, give or take," said Beuermann-King.

"It really should be a three- to five-minute speech at most."

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“I am fully aware that the subject matter of my imminent forthcoming mistake, a blunder (possibly to be) dubbed 'JurassicGate' is (most likely) in no way a laughing matter.

Actor Chris Pratt



Actor Chris Pratt is looking to get out in front of whatever flub he might make by releasing a catch-all apology. ALL PHOTOS GETTY IMAGES

Pratt gets ahead of future flubs

PRESS TOUR

Jurassic World star releases pre-emptive apology



Ned Ehrbar

At least someone learned something from the trouble Jeremy Renner and Chris Evans caused during their *Avengers: Age of Ultron* press tour with references to Scarlett Johansson's character as a slut.

Follow Marvel stable-mate and *Jurassic World* star Chris Pratt is looking to get out in front of whatever potential flub he might make by releasing a wonderfully worded catch-all apology message before

he even begins his press tour.

"I want to make a heartfelt apology for whatever it is I end up accidentally saying during the forthcoming *Jurassic World* press tour. I hope you understand it was never my intention to offend anyone and I am truly sorry. I swear. I'm the nicest guy in the world. And I fully regret what I (accidentally will have) said in (the upcoming foreign and domestic) interview(s)," Pratt writes.

"To those I (will have) offended please understand how truly sorry I already am. I am fully aware that the subject matter of my imminent forthcoming mistake, a blunder (possibly to be) dubbed 'JurassicGate' is (most likely) in no way a laughing matter. To those I (will likely have had) offended rest assured I will do everything in my power to make sure this doesn't happen (again)."

THE BREAK IS OVER ...

Emma and Andrew spotted together

Rumours have been circulating that the break Emma Watson and Andrew Garfield had been taking from their relationship is all done since they've been spotted enjoying some meals together in Los Angeles.

And now this: Paparazzi caught the pair out grocery shopping together, and I think we all know what that signifies, right? I mean, I know a Ralph's supermarket in Malibu isn't the most romantic of venues, but they were holding hands and everything.

And it was the first time they'd been photographed together since January. "It was always a 'break' due to sched-

ules," a source assures E! News. "They care for each other and always have the best time when together." Even at the grocery store, apparently.

NED EHRBAR/
FOR METRO



FULLER HOUSE

#Heartbroken over the Olsen twins

So those reports last week that Mary-Kate and Ashley Olsen had come around on the idea of taking part in the upcoming Netflix *Full House* reboot? Yeah, not so much.

"Although Ashley and Mary-Kate will not be a part of 'Fuller House,' I know how much 'Full House' has meant to them and they are still very much considered family," executive producer Robert L. Boyett said in a statement.

And if you think you're broken up about it, check out John Sta-

mos. First he simply tweeted the hashtag #heartbroken before heading to Facebook.

"Just so you reporters know, this is not a money gig for any of us — quite the opposite," Stamos wrote. "Sad that a few don't share the rest of the cast's opinion. I can only wish them the best."

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All it takes is that first step

Jason Menard
For Metro

Getting back to nature, experiencing the great outdoors, and enjoying a wealth of health benefits? It's all available to us in Canada — and it can be as easy as putting one foot in front of the other.

All it takes is taking that first step.

"Hiking is the most natural form of exercise there is," said

David Wasserman, the co-chair of the Alberta Hiking Association. "It's rewarding for both the body and the spirit."

You're never too old to start hiking, Wasserman said, adding that it's an ideal way for families to spend time together. And by starting the kids young, you can foster a life-long love for the outdoors.

"There's a good time to start — go with your parents as soon as you're able to walk," he said, adding that it's also never too

late. Wasserman pointed to Don Forest, a man who started hiking in his 40s, and became the first person to reach the peak of all 56 of the 11,000-foot peaks in the Canadian Rockies by age 59.

"One of the great attractions of hiking is the simplicity of the action," he said. "As far as equipment goes, all you need to do is dress for weather and have a good pair of walking shoes or boots."

For those who are interested

in a greater challenge, Wasserman said there are activities like backpacking and scrambling that may be of interest. Hiking is usually a day trip on a beaten path.

Backpacking, which is not to be confused with the European-style travelling version, involves overnight camping and off-trail activities. Scrambling is all off-trail and is almost always performed with the objective of reaching a high peak.

The Alberta Hiking Associa-

tion represents a number of organizations throughout the province and advocates both provincially and federally for the rights of hikers. But the official numbers are only a fraction of the people who enjoy this experience, he added.

"The latest numbers show that well over half the population in this province say they enjoy hiking," Wasserman said. "We like to think we represent the 1.3 million estimated hikers in this province."



The most natural form of exercise. SHUTTERSTOCK

But despite the involvement, the future of hiking may not be so smooth. "Government budgets keep getting cut and trail needs are often the first to go," he explained. "Trails can be maintained just by people using them, but with no regular maintenance they can get overgrown and hard to find."

And while you can just get up and walk, Wasserman said it may help to seek out a hiking organization. "When you meet experienced people and hike with them, you'll pick up skills along the way."

For details on the Alberta Hiking Association, visit abhiking.ca.



Albertans love to walk. More than half the population says they enjoy hiking. SHUTTERSTOCK

BEST IN THE COUNTRY

Hiking in Calgary

When it comes to exploring the outdoors, Calgarians are living in a virtual Utopia.

"Calgary is, as large cities go, almost a hiking paradise," explained David Wasserman, the co-chair of the Alberta Hiking Association. "From the Kananaskis Trail to Banff National Park, you have some of the best trails in Canada in

these two areas." For more information on trails in your area, visit all-trails.com/canada/alberta, or learn more about hiking in Alberta at the AHA site located at abhiking.ca.



Peyto Lake in Banff National Park. SHUTTERSTOCK

Stamkos eager to finish the job against Rangers

NHL PLAYOFFS

Bolts could advance to Cup final with win Tuesday night

Steven Stamkos knows what it's like to come close to getting to the Stanley Cup final and wind up not playing on the NHL's biggest stage.

It happened to the Tampa Bay Lightning four years ago, and the three-time all-star is determined to not let another opportunity slip away.

After a slow start to the playoffs, the high-scoring team captain helped the speedy Lightning push the New York Rangers to the brink of elimination from the Eastern Conference final.

Game 6 is Tuesday night at Amalie Arena. A Lightning victory will send Tampa Bay to the Cup final for the second time in franchise history. And the Rangers are looking to extend the series to a seventh game, which would be played Friday night in New York.

"You kind of have to realize where you are and kind of use that as a little bit of motivation," Stamkos said. "The harsh reality is, some guys in this room may never get the chance to get this far again. Hopefully everybody does, but



Steven Stamkos has scored in the past four games and seven of the past 10 for the Lightning.

BRUCE BENNETT/GETTY IMAGES

you never know in this sport."

Stamkos knows first-hand. He and defenceman Victor Hedman are the only players remaining from the Tampa Bay team that came within one victory of playing in the Cup final in 2011. The Lightning lost Game 7 to Boston 1-0

and didn't win another playoff game until this year.

The two-time Maurice Richard Trophy winner was a young, rising star on that team. Now, he's one of the league's most prolific scorers, leading a club that's flourished in the playoffs even when Stamkos

has struggled to score.

After failing to find the back of the net in Tampa Bay's first eight games this post-season, Stamkos has scored in seven of the past 10 to help the Lightning eliminate Montreal in the second round and take a 3-2 series lead over the Rangers.

FRENCH OPEN

Venus suffers early dismissal in Paris



She just played better than me today.

Venus Williams

A loss by Venus Williams in the first round at a Grand Slam is no longer the rarity it once was.

And, as it happens, the woman who beat Williams at the French Open on Monday, Sloane Stephens, is making a concerted effort, at her coach's behest, to focus less on who is on the other side of the net.

Still, it was hard not to see the 22-year-old Stephens' 7-6 (5), 6-1 dismissal of seven-time major champion Williams, who at 34 was the oldest woman in

the field, as a statement about the directions their respective careers are heading.

It was Williams' second opening defeat in three years at Roland Garros. THE ASSOCIATED PRESS

IN BRIEF

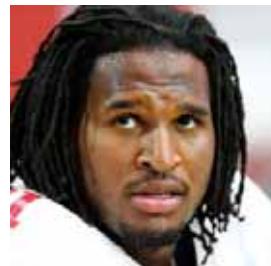
Canadian speedskater charged in auto accident

Four-time Olympic speed-skating medallist Denny Morrison has been charged with failing to yield to a yellow light after a motorcycle crash last month left him with a broken leg.

The accident occurred when the athlete from Fort St. John, B.C., hit the side of a Toyota Corolla with enough force to upset the car. Two women in their 20s were in the car but did not need to go to the hospital. THE CANADIAN PRESS

NFL

McDonald cut by Bears after arrest



Ray McDonald played eight seasons for the 49ers.

GETTY IMAGES FILE

The Chicago Bears have released defensive end Ray McDonald following a domestic violence arrest in Northern California that police say stemmed from him assaulting a woman who was holding a baby.

Santa Clara police Lt. Kurt Clarke reports that McDonald was taken into custody at 7 a.m. Monday on suspicion of domestic violence and child endangerment. Police did not disclose if the woman or the baby were injured. THE ASSOCIATED PRESS

NBA PLAYOFFS

LeBron won't give in to pain

LeBron James hurts everywhere, the King of Pain.

One win from taking the Cavaliers back to the NBA Finals, and one step closer to a title he covets more than any other, James leaned against a padded wall on Monday and hardly resembled basketball's most undeniable force.

"I'm feeling all right," he said, forcing a smile that showed he wasn't being entirely truthful. "I've been better, but I've been worse. I think I've been worse."

James moved slowly and not with his usual grace one day after his brilliant performance in Game 3 lifted Cleveland to a 114-111 win over the Atlanta Hawks in overtime, moving the Cavs within a victory of their first Finals appearance since 2007.

James wore a sleeve on his right calf, which cramped so severely he asked to be taken out Sunday night before reconsidering. Instead, he pushed through the pain and delivered 37 points, 18 rebounds and 13 assists — all after an 0-for-10 shooting start — to help the Cavs take a 3-0 series lead.

He's battered, not beaten. James isn't going to let anything stop him. Not now. Not this close to his fifth straight Finals or a championship.

"When you want to win, you've got to sacrifice your body feeling good," he said. "That's just what it's about."

THE ASSOCIATED PRESS

NEXT GAME

With a win on Tuesday night, the Cavs can clinch the Eastern Conference title and get some rest before a Finals matchup presumably against Golden State, which led Houston 3-0 heading into Monday's Game 4.

RECIPE Salmon with Avocado and Orange Salsa



EAT LIGHT AT HOME

Rose Reisman
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Ready in

Prep time: 10 minutes
Cook time: 15 minutes

Ingredients

- 1 1/2 lb salmon fillet
- Salt and pepper
- Salsa**
- 2/3 cup finely diced orange
- 2/3 cup finely diced avocado
- 2 tsp orange juice concentrate
- 1/4 cup finely chopped red bell pepper
- 1/4 cup finely chopped red onion
- 2 tsp olive oil
- 2 tsp lemon juice
- 1/2 tsp finely chopped garlic
- Salt and pepper
- 1/4 cup chopped cilantro

Directions

1. In a small bowl, combine the salsa ingredients. Stir to combine and set aside.
2. Preheat a barbecue to medium-high heat or lightly coat a non-stick grill pan with cooking spray and set over medium-high heat. Sprinkle the salmon with salt and pepper. Cook the salmon for about 10 minutes per inch of thickness or until the fish just flakes when tested with a fork.
3. Spoon the salsa over the salmon before serving.

Nutrition per serving (recipe serves 6)

- Calories 238
- Protein 26 g
- Carbohydrates 21 g

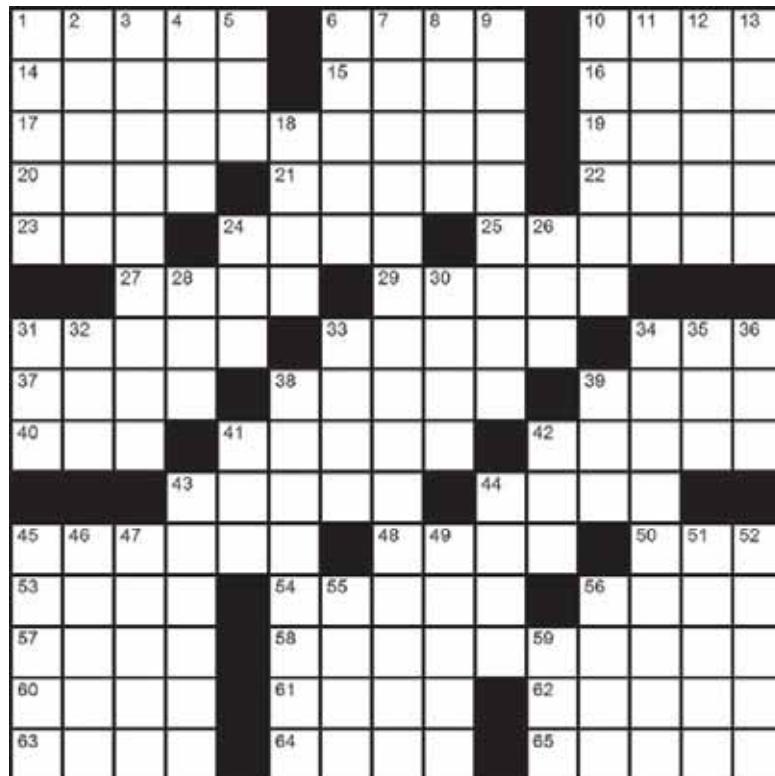
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Valuables keepers
6. Keener
10. Semi-wet
14. Suffix for a branch of knowledge
15. Cabbage: French
16. River inlets
17. Builder's printouts for the home buyers: 2 wds.
19. Covetousness
20. Tsp., et al.
21. Too critical
22. 'Problem' suffix
23. Type of orchestra, briefly
24. Cartoon friend of Pebbles, when doubled
25. Macbeth (Scotland-set mystery novel series by M.C. Beaton)
27. Complete
29. —face
31. Military trainee
33. —Montreal (Historic area of Quebec's largest city)
34. Tap on — one's appetite
37. — one's appetite
38. Type of eatery
39. Morning grass characteristic
40. Seasickness, —de mer
41. "Easy —" (1969)
42. Southern —
43. Comedian
44. —hoop
45. Patricia — Canadian director of "Mansfield Park" (1999)
48. Ancient attraction
50. Montreal NHL-er
53. By any chance?
54. Bright city signs
55. Sandy formation
56. Sandy formation
57. Point
58. Government-owned expanses of Canada: 2 wds.
60. Payment in poker
61. Go on a country walk
62. Book's brief beginning
63. Not as much
64. The — Coast
65. Namesakes of actor Mr. Diggs



DOWN

1. Couches
2. "— Love" by Led Zeppelin
3. One employed for sandals ad-verts: 2 wds.
4. Characters' selves
5. Central Asia river, — Darya
6. Happy as —!
7. Member of the Order of Canada who is a 5x Olympian in track: 2 wds.
8. Geological periods
9. 1998 Jackie Chan action com-

10. Whimsically wondered
11. "— a stinker?" - Bugs Bunny
12. Canadian author Ms. Gallant
13. Duke Hill series of 2006 to 2014
18. "— Lap" (1983)
24. Vegas wager
26. Lac —Sables, Quebec
28. Animal doc
30. Labatt product
31. Uniquely-spelled mountain basin
32. "Just as I thought!"
33. NFLD: Quidi — (St. John's neighbourhood)
34. Marg — (Politicians-interviewing character for Canadian comedian Mary Walsh)
35. Pointy tool
36. TTFN
38. Sunday: French
39. Rocker Mr. Shannon
41. Movie genre, —com
42. Roll
43. Truly, ar-chaically
44. — ' Hers
45. Queenly
46. Pertaining to sheep
47. Tangs
49. Dry, basically
51. Outcast mem-ber, — 3000
52. Kisses: Spanish
55. 'Ranch' suffix
56. Mr. Carvey
59. On, as a candle

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20
Strangely, you will get a lot more done today if you slow down and try to do less — not least because you won't have to spend so much time correcting your mistakes!

♉ Taurus April 21 - May 21
If someone is critical of you today there can only be one reason: they are jealous of your popularity and success. If they say that you are doing something wrong the more you can be sure you are doing it right.

♊ Gemini May 22 - June 21
Get routine matters out of the way as early as you can because later in the day you will get an invite you won't want to turn down. Take your responsibilities seriously, but not so seriously that you cannot enjoy yourself.

♋ Cancer June 22 - July 23
You may not care too much about money and possessions, but try not to give others the impression today that you will give them whatever it is they want from you.

♌ Leo July 24 - Aug. 23
Jupiter in your sign is a wonderful influence and you won't lack for confidence over the next few days. But can you balance it with common sense? If not you might go over the top.

♍ Virgo Aug. 24 - Sept. 23
You may be eager to try new things, but don't take unnecessary risks with money or your reputation. While your ruling planet Mercury continues to move retrograde you should aim to play safe, in some things at least.

♎ Libra Sept. 24 - Oct. 23
Do you see things the way they are or the way you would like them to be? That's an important question because the planets warn you could be a little too optimistic for your own good today.

♏ Scorpio Oct. 24 - Nov. 22
Someone you have to deal with today and tomorrow may seem scary but they are more afraid of you. You always seem so self-possessed and sure of yourself and it can be quite intimidating!

♐ Sagittarius Nov. 23 - Dec. 21
You don't have to make apologies to someone you fell out with. Why should you when they are wrong and you are right? On the other hand maybe you should soften your tone.

♑ Capricorn Dec. 22 - Jan. 20
You seem to be under the impression that you can get away with anything. It may or may not be true but either way it's not a wise attitude to take.

♒ Aquarius Jan. 21 - Feb. 19
Can you believe what a friend or relative says? It may sound outrageous but according to the planets they could be telling you the truth. What do your instincts tell you?

♓ Pisces Feb. 20 - March 20
Don't push yourself too hard over the next 24 hours. If you can get away with it today you should knock off early from work and give both your brain and your body a rest. Your batteries are desperately in need of a recharge.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1		8	5
4		6	3
5	3		
5	2	6	1
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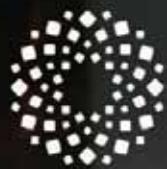
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